



# MINI-GRANT OPPORTUNITIES

## \$3,000 & \$5,000

### ACT NOW LET US HELP YOU

Please act now!  
Funding is limited.

\$3,000 mini-grants are available to schools in PA that include grades K-8.

\$5,000 mini-grants are also available to schools and community based organizations in PA that include grades K-12.

For more information and to apply, please visit [www.nrgbalance.org/grants](http://www.nrgbalance.org/grants).

### TIMELINE 2013

**January 14**  
Web site will be active to apply for all mini-grants.

**February 7 & February 28**  
We have two mini-grant application deadlines for all mini-grant opportunities.

**March 31**  
A third deadline is available only for the Capacity Building mini-grant.

### *\$3,000* SAFE ROUTES TO SCHOOL MINI-GRANT

The National Safe Routes to School (SRTS) program is an initiative established to encourage students to walk or bike to school. Programs have been implemented to make walking and biking to school a safer and more appealing transportation alternative while encouraging health, physical activity and safety.

Eligible programs under this mini-grant should focus on at least two of the four E's below. *Please note that Penn State Hershey Center for Nutrition and Activity Promotion (CNAP) can offer assistance with planning and implementing program delivery.*

#### EDUCATION

Coordinate an educational program highlighting the benefits of walking and biking.

#### ENCOURAGEMENT

Plan an event to encourage safe walking and biking to school.

#### ENFORCEMENT

Involve the entire school community including police officers.

#### EVALUATION

Measure your success in increasing the rate of your students walking and biking to school.

### *\$5,000* CAPACITY BUILDING FOR INCREASING PHYSICAL ACTIVITY MINI-GRANT

Since one in three American children are overweight or obese, increasing physical activity has never been more important. Therefore, funding is also available for schools and community based organizations to partner to increase physical activity opportunities. Examples may include:

- Community-wide campaigns
- Social support programs for physical activity (walking or biking club)
- Physical activity policies in schools and after school programs
- Joint use agreements for active school yards and playgrounds

*These mini-grants are delivered by Penn State Hershey Center for Nutrition and Activity Promotion (CNAP). Funding is provided by the Pennsylvania Department of Health through the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention.*

